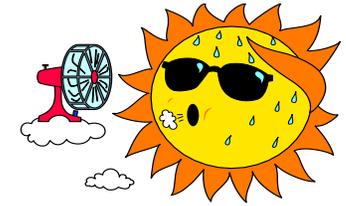


# SAN GABRIEL/POMONA REGIONAL CENTER HEAT ALERT



Many people with developmental disabilities are at increased risk for dehydration and heat stroke during hot weather. Stay alert for signs that indicate your client may be dehydrated or suffering from the effects of the heat. These signs include:

- \* lethargy or fatigue
- \* nausea or vomiting
- \* aggressiveness
- \* headache
- \* confusion
- \* incoherent rambling

Also, look for red skin and profuse sweating or no sweating. Check for a rapid pulse or a fever. These are signs and symptoms that may indicate your client is overheating. Dehydration is 100% preventable.

In a van or bus, it only takes 10 minutes for the temperature to rise to the level that can kill a person, even with the window open. Never leave anyone in a van /car. USE AIR CONDITIONING, even when picking clients up or dropping them off.

## TO PREVENT HEAT EXHAUSTION OR HEAT STROKE:

- Encourage clients to dress in light, loose clothing.
- Keep clients in the shade and out of direct sunlight.
- Reduce the client's physical activities.
- Encourage clients to drink extra fluids
- Discourage clients from drinking alcohol or caffeine, as they increase fluid loss.
- Help keep client's home cool, with fans or air conditioners.
- Change outdoor program activities to cooler indoor sites
- Keep cars cool by opening windows or using the air conditioner

## What to do if you notice a change in a client's condition:

- ❖ If in transit pull the vehicle over safely and if possible under a shaded area
- ❖ Give cool liquids (water, soft drinks, etc.)
- ❖ Lie client down flat
- ❖ If condition does not improve in 5 minutes & the client is:
  - ❖ Very hot yet not sweating (skin is dry)
  - ❖ Disoriented or unconscious
  - ❖ Client body temperature is 104 degrees and rising

CALL 9-1-1

- ❖ Until help arrives move the client to a cooler location, if possible.
- ❖ Cool the client rapidly (remove excess clothing, spray/pour water on client, and fan the client).
- ❖ Keep client lying down with legs elevated.
- ❖ If available wrap ice packs (which may be inside client lunch bags) in towels, & place them under client armpits and groin.
- ❖ If client refuses water, is vomiting, or there are changes in level of consciousness, do not give anything to eat or drink.

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